New Zealand Formulary
PATIENT INFORMATION

CLONIDINE (patch)

klon-ih-deen

What does it do?

Clonidine is used to treat high blood pressure, severe pain, and sometimes other conditions.

Before you start

- Tell your doctor if you have heart or kidney problems, diabetes, or depression.
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.

How should you use it?

Use *clonidine* patches regularly as directed. Apply the patch to a clean, dry, hairless area of skin (such as the chest or upper arm) once a week. When you have removed the old patch, apply the new one in a different place to prevent irritating your skin. If the patch becomes loose, cover it with the clear sticky patch provided. Do not cut the patch.

What if you forget a dose?

If a patch comes off, replace it with a new one as soon as possible. If you are more than 3 days late changing your patch, tell your doctor right away.

Can you take other medicines?

Some medicines available without a prescription may react with *clonidine* including:

- anti-inflammatories, such as diclofenac (e.g. Voltaren®), ibuprofen (e.g. Nurofen®), or aspirin (e.g. Disprin®, in doses used for pain relief). These can also be found in some cold and flu medicines (e.g. Nurofen Cold and Flu®).

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Slow heartbeat	Tell your doctor immediately
Drowsiness, dizziness, tiredness or weakness, headache Dry mouth, nausea, vomiting, constipation Low mood Changes in sexual function Joint, muscle or bone aches and pains Red or itchy skin where patch has been applied	Tell your doctor if troublesome
Lightheaded or dizzy after standing up	Stand up slowly. If it continues, or is severe, tell your doctor

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Do not stop using *clonidine* without talking to your doctor as this may cause a sudden increase in your blood pressure.
- *Clonidine* can impair your ability to do tasks such as driving or using machines. Alcohol makes this worse. Discuss your risk with your health professional. (search NZTA - Are you safe to drive?)
- Some procedures (e.g. MRI scan) may overheat the patch and burn your skin. Discuss with your health professional before your procedure.
- Dispose of *clonidine* patches by folding the patch in half with the sticky sides together. Make sure to dispose of it out of the reach of children.